

39.8:W89/3/N95

eleven

851✓

NUTRITION PROGRAMS FOR CHILDREN
IN DEVELOPING COUNTRIES

A report to the
Presidential Commission on World Hunger

by

Augusta N. Field

Field

Acknowledgments

Thanks go to Sol Chafkin of the Ford Foundation and Hossien Ghassime of UNICEF who started me off in the right directions; to Patricia Kutzner of World Hunger Education Service, Inc. and Carol Waslien of League for International Food Education (LIFE), for all their time and valuable information; to Ed Sabin and Chris Roesel for their time, support and helpful information, and to Marilyn Mauch for her support, determination and typing.

ANF
February 1980

Note

This document was written by Mrs. Fields at the request of the Presidential Commission on World Hunger.

The publication of this document by the Commission does not necessarily imply its approval by the Commission.

The document is being made available by the Commission with the hope that it will prove useful to those interested in the problem of world hunger and malnutrition.

INTRODUCTION

As we move from the catalyst of the International Year of the Child a new sense of awareness of the needs of hungry children worldwide is upon us. The tragedy of the Cambodian refugees and the trials of the Boat People have brought into sharp focus the urgent need to feed starving people. The American public responds to the anguish and is ready and able to supply money, food, energy and time to help these displaced people survive.

Underlying apparent hunger is a more pervasive problem, that of malnutrition. This less visible but more devastating problem goes on daily in other Third World countries, and it is harder to bring to generous people's attention. Yet, malnutrition affects approximately 230 million children in the world. The complexities of malnutrition are many but some specific factors are: substitution of bottled formulas in place of mother's milk; lack of understanding of the need of proper weaning foods after the infant is 4-6 months old; cultural taboos and traditions eliminating use of nutritious, local foods; poor sanitation; lack of potable water; and food aid not reaching the vulnerable, children three years and under. These causative factors only tap some of the myriad reasons for malnutrition.

Herbert Waters, President of TADCO Enterprises, Inc., speaking to the Presidential Commission on World Hunger in January 1979, reiterated a statement made at the NATO Defense College in Rome in 1968: "The War on Hunger is a long, hard costly, undramatic undertaking. It offers no magic panaceas, no miracle cures; just drudgery, intensive effort, pleading, cajoling, and significant amounts of money, manpower, material, equipment, and time...But, if it works... it is worth it."

Sadly, information about current programs coping with malnutrition is not readily available. Many national, international and private voluntary organizations are dedicated to combating malnutrition in the developing countries through food donations, school feeding programs, day care centers serving nutritious meals, and maternal and child health clinics teaching the benefits of breast feeding and good weaning habits. These organizations are also assessing problems in individual communities and working with local governments and Ministries of Health and Education to help communities become self-sufficient.

Although public education of the needs of the malnourished is taking place through television, radio, church and educational groups, these communication efforts provide only a splintered reflection of the total problem. The solutions to hunger and malnutrition, however, rest on adequate information and directed action.

As Barbara Ward said at the United Nations Conference on the Human Environment in Stockholm in 1972, "The short answer is, of course, that the outcome depends upon the action and awareness of this planet's citizens. The needed changes in direction can only happen if there are enough people in the world who have a new vision and are prepared to work and sacrifice and persuade and exhort and stay with it."¹

1. ONLY ONE EARTH, the Care and Maintenance of a Small Planet, by Barbara Ward and Rene Dubos. W.W. Norton & Co., Inc. New York, NY. 1972. Copyright (c) 1972 by Report on the Human Environment, Inc. Quotation used by permission of the publisher.

The purpose of this report is to provide a cohesive overview of private voluntary agency efforts in food distribution, nutrition and health education, and environmental improvements in developing countries. The following nine private organizations and the Peace Corps are described by location, targeted population, type of program and location of delivery. An overview of UNICEF and some of its programs is also included.

In order to better understand the range of care and assistance being utilized, it is necessary to have a cataloging of the actual nutrition programs that are benefiting infants and children. As the programs of the international organizations, public organizations and private voluntary agencies are collated, a picture should emerge showing the beneficial aspects and glaring needs for hungry children worldwide.

CONTENTS

	<u>Page</u>
Introduction	i
Public Law 480	1
AID	4
UNICEF	7
Peace Corps	10
Africare	14
American Jewish Joint Distribution Committee, Inc.	15
CARE	16
Catholic Relief Services	18
Church World Service	25
Food for the Hungry International	27
Lutheran World Relief	28
Meals for Millions/Freedom from Hunger	29
Save the Children Federation, Inc.	32
Summary	34
Appendix A Nutrition Education	37
Appendix B Dissemination of Education Material	38
Bibliography	39

P.L. 480

In 1978 the Special Task Force on the Operation of Public Law 480 made recommendations to Congress. Several of their conclusions are as follows: that unmet world food needs are enormous; the number of hungry and malnourished individuals in the world is estimated to range between 400 million and 1.2 billion people. A permanent solution can only come from increased production in the less developed countries and an increased capability to participate in world agricultural trade.

Food and programs can contribute significantly in the meantime to help feed the malnourished, to improve food security and to contribute to the necessary increases in food production and trade capacity.

P.L. 480. The basic instrument for U.S. food assistance is the Agricultural Trade Development and Assistance Act of 1954, better known as Public Law 480, and often referred to as the Food for Peace Program.

There are three parts to P.L. 480. Title I provides for the concessional sale of agricultural commodities to less developed countries. Although the Commodity Credit Corporation finances the sale and export of commodities, actual sales are made by private suppliers to foreign importers, government agencies or private trade entities. Under this program contracts are drawn up with less developed countries (LDCs) whereby U.S. dollars from the sale of given commodities (and transportation) are provided to them on long-term loans at low interest. The LDC can sell these commodities in the local market at any price it wants; the local currency equivalent of the international market price is then put into a special account to be spent on projects which were agreed upon at the time of contract negotiations.

Title II is the donation program of P.L. 480 and the one most relevant to this report. It authorizes the donation of food commodities to voluntary relief agencies, international organizations, and friendly governments for free distribution abroad. The Agency for International Development (AID) and the Department of Agriculture (USDA) manage the operations of the Title II programs. An interagency committee including representatives from the Departments of State, Commerce, the Treasury and the Office of Management and Budget (OMB), AID and USDA work on program planning and overall policy.

The legislative objectives of Title II are to meet famine and other extraordinary relief requirements; to combat malnutrition, especially in children; to promote economic and community development in friendly developing areas and to feed needy persons and those in non-profit school lunch and preschool feeding programs.

Program activities are implemented by U.S. non-profit volunteer agencies, intergovernmental organizations such as UNICEF and the United Nations World Food Program and recipient governments.

Some of the voluntary agencies are Cooperatives for American Relief Everywhere (CARE), Catholic Relief Services, Inc (CRS), Church World Service (CWS), Lutheran World Relief (LWR), American Joint Distribution Committee (AJDC), and the Seventh Day Adventist Welfare Service (SAWS).

Food and the cost of its delivery to the country is given free to targeted populations participating in mass feeding programs, such as mother-child feeding, school lunch programs, preschool feeding, food for work, and emergency feeding.

The International Development and Food Assistance Act of 1977 strengthened Title II humanitarian and development objectives. Congress specified that a minimum distribution requirement of 1.7 million tons of U.S. food be devoted yearly to poor nations by 1982, assistance be directed toward community and other self-help activities, indigenous workers be employed to distribute the food to "the most remote villages" and that priority be given to malnourished children and people in the poorest regions of the countries.

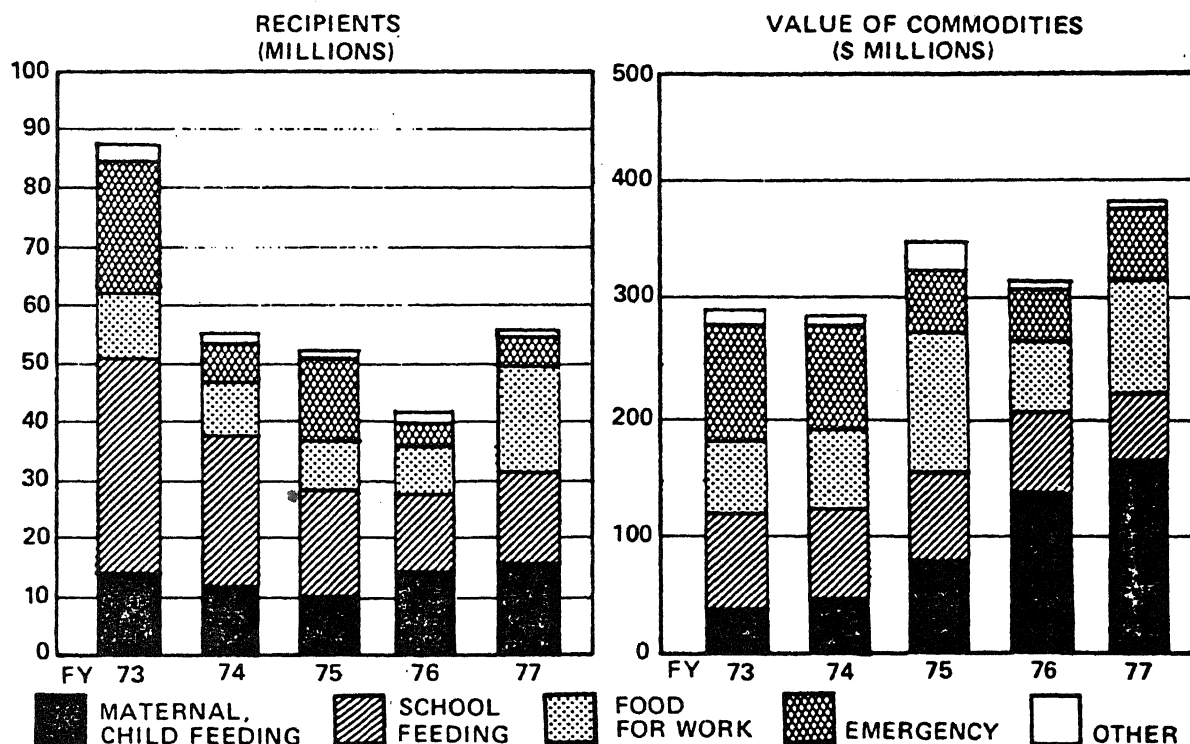
In 1977 Title III, known as Food for Development, was added to P.L. 480. It emphasizes use of P.L. 480 for economic development, using the funds generated from local sales of Title I commodities. The program is an attempt to increase food self-sufficiency of LDCs, particularly in those countries where the infrastructure exists to become self-sufficient.

The World Food Programme (WFP), another program sponsor, was established in 1963 by the United Nations and Food and Agriculture Organization. It has broad experience in the field of multilateral food aid and provides food to developing countries for economic and social development projects and for emergencies. Special emphasis is given to projects related to maternal health, preschool child feeding, and labor-intensive and rural development projects.

The United States contributes commodities under Title II of P.L. 480, and cash under AID's budget for international organizations. For 1977-1978, \$188 million was pledged -- \$155 million for commodities, \$30 million for ocean transportation and \$3 million for administrative expenses to WFP.

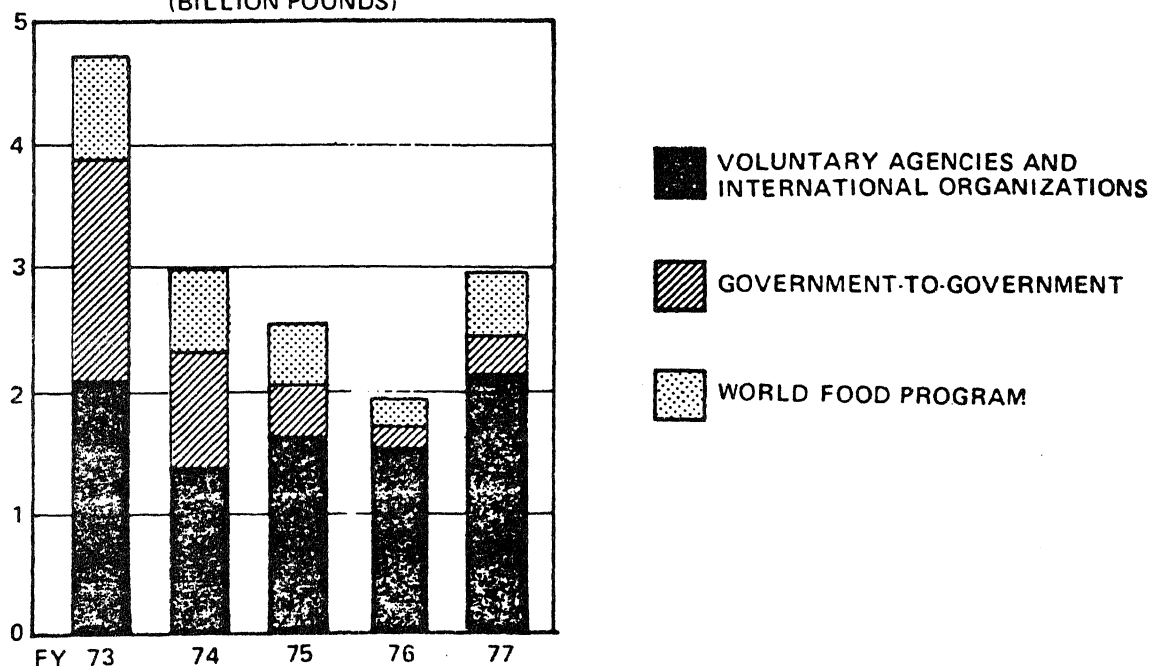
OVERSEAS FOOD DONATION PROGRAM

FISCAL YEARS 1973 - 1977
BY PROBLEM TYPE



OVERSEAS FOOD DONATION PROGRAM

FISCAL YEARS 1973 - 1977
BY PROGRAM SPONSOR



The Agency for International Development--AID--administers the foreign economic and technical assistance programs of the U.S. Government. The Agency operates from the Department of State in Washington, DC and through field missions or representatives in some 55 countries of Latin America, Asia, Africa and the Near East.

The aim of AID programs is to improve the quality of life of the poorest people in the underdeveloped countries which covers two-thirds of the earth's land area and contain 74 percent of the world's population.

AID's policy, found in the International Development Food and Assistance Act of 1978 includes the following principal provisions: "to concentrate assistance on the poorest countries; prevent and combat disease and help provide health services for the great majority in health, disease prevention and environmental sanitation; reduce human malnutrition and to increase opportunities and motivation for family planning and reduce the rate of population growth."

The relationship between health and nutrition is reflected in AID programs which help developing countries ensure that nutrition knowledge is included in health and education delivery systems. Evaluation is undertaken of nutritional status of developing countries' populations and specific interventions are designed which give developing countries a broader choice of practical actions to improve nutrition.

It is estimated that one quarter of the world's 4 billion people are malnourished or eating less than 80 percent of their needed food requirements.¹ Most of these people live in South Asia, the African nations of the Sahel and in the poorest countries of Latin America.

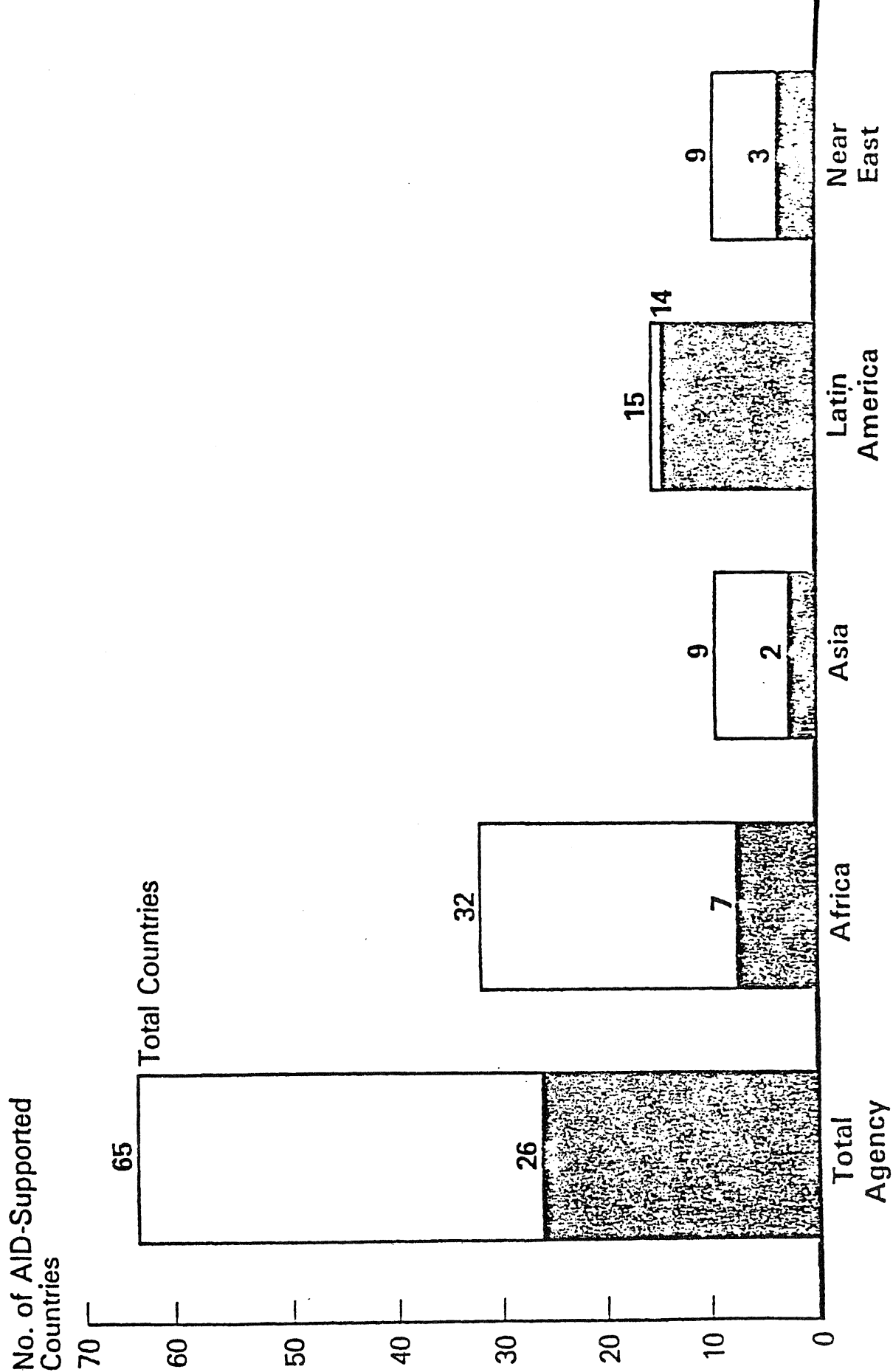
National nutrition programs have been initiated in 14 countries in Asia, Africa and Latin America. Some examples include the use of fortified food products being distributed through Food for Peace to more than 40 million children around the world; nutrition education campaigns designed to instigate a return to breast feeding; distribution of several million growth charts in various languages to monitor nutritional status and help teach mothers better child care; programs to provide vitamin A supplements to prevent blindness; and fortification of foods with iron to spare thousands of women and children anemia.

Especially important has been the training of developing country planners, program directors and field staff in the multi-sectoral approach to nutrition planning and implementation at national, regional and local levels. AID is prepared to help governments assess alternative systems, and the retraining of indigenous midwives and healers, the training of mid-level paramedical personnel and the use of mass education and communication activities will be major elements of these projects.

Following is a chart with nutrition activities for FY 1979 and a summary of the planned funding data for 1979.²

1. "AID's Work in Nutrition", brochure.
2. Rease, J. and Cox, K. "Functional Review Data". Health, Population and Nutrition Activities FY 1976-FY 1979, AID.

Countries with Nutrition Activities FY 1979



Summary Funding Data for AID-Funded Nutrition Projects
(\$1,000's)

	<u>TO 76</u>	<u>1977</u>	<u>1978</u>	<u>1979</u>
AFRICA	950	300	2,689	3,823
	<u>950</u>	<u>300</u>	<u>2,689</u>	<u>645***</u>
ASIA	756	935	1,114	<u>4,468</u>
LATIN AMERICA	2,460 (G)	2,136	3,355	4,611
	<u>17,000</u>	<u>2,136</u>	<u>3,000 (L)</u>	<u>7,500</u>
	19,460		6,355	<u>12,111</u>
NEAR EAST	1,282	1,221	565	525
DSB	8,000	6,119	8,046	5,500
TOTAL	30,448	10,711	18,769	22,604

***Sahel

FY 1979 data planning estimates

UNICEF

UNICEF came into being in 1946, as the United Nations International Children's Emergency Fund, to help children who were malnourished and deprived after the Second World War. In 1950 the emphasis was changed to benefit children of developing countries and in 1953 the General Assembly resolved that UNICEF "would continue indefinitely to support children in need in developing countries." At that time the words "International" and "Emergency" were dropped.

UNICEF is financed by voluntary contributions from governments in industrialized and developing countries of the world. Revenue also comes from private sources (greeting card income, individual donations and fund raising campaigns).

In nutrition UNICEF works with the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO), the World Food Program (WFP), the World Bank and the United Nations Development Program (UNDP). Food assistance comes from WFP with emergency assistance of food from Canada, the United States, the European Economic Community, Belgium, Switzerland and other countries.

UNICEF support goes for the following nutrition activities: Applied nutrition; education on the best ways to produce, conserve and store nutritious family foods and the best use of foods. Promotion of breast feeding; education of family members, medical and health personnel on benefits of breast feeding and regulation of the promotion and marketing of infant foods. Promotion of nutritious weaning foods: overcoming taboos, and education of use of mixtures of local foods. Education of the public through many channels, including mass media on improvement of child nutrition.

In 1979, during the International Year of the Child, over 135 National Commissions on IYC had been created in developed and developing countries to stimulate reviews of national policies and programs affecting children and to look at what measures could be taken in the next five to ten years. A Directory of National Action for the International Year of the Child (DONA) is available from the IYC Secretariat (866 United Nations Plaza, New York, N.Y. 10017) and provides information on what major action is being taken by governments and National Commissions in the world.

Revenue for UNICEF in 1978 was \$211 million. 52% of the expenditures went for child health which includes water supply, sanitation and family planning and 8% went specifically for child nutrition.¹

¹UNICEF "Report of the Executive Board," June 1979, p. 51

<u>COUNTRY</u>	<u>PROJECT</u>	<u>UNICEF</u>	<u>COST</u>	<u>DETAILS</u>
Mexico	Basic services for children		\$404,000	Supply and non-supply assistance for health, nutrition, welfare and education. Ichiapas, Quintana, Roo, Oaxaca, Guerrero, Mexico City
Morocco	Public health development plan		326,000 a year (1,457,000)	1974-1978 includes MCH and campaign against undernutrition. Also many health components.
Nepal	Nutrition and child care		8,007	1975-1980
Nepal	Nutrition and child care (grant)		494,189	1975-1980
Philippines	Nutrition programs		922,400	1977-1979 Training of nutrition personnel and project support communications
Seychelles	MCH services Child feeding project		32,000 18,000	
Sri Lanka	Family health services MCH care and nutrition		563,000	1976-1978 Supplies, equipment, training and transport.
Syria	Basic health/nutrition		110,000 (258,800)	1973-1980 Equipment, supplies and cash.
Thailand	Government Agencies Flood Rehabilitation Programs		95,000	Re-equipment of 50 child nutrition centers, health centers, midwifery centers and others.
Thailand	Assistance to Nutrition Division (MOPH) Nutrition Institute (Mahidol U.) Agriculture Department (Ministry of Agriculture)		140,000	Promote breastfeeding and a nutrition surveillance system at village level. Nutrition training is promoted for health, community development, agricultural extensionists and teachers.

<u>COUNTRY</u>	<u>PROJECT</u>	<u>UNICEF</u>	<u>COST</u>	<u>DETAILS</u>
<u>Thailand</u>	Health Services		\$140,000	Assists Ministry of Public Health in the national primary health care project by providing 24,100 training manuals for village health volunteers.
<u>Turkey</u>	Nutrition education		68,000	Training materials & stipends to promote nutrition education of mothers by rural midwives. 1974-1978.
<u>Turkey</u>	Assist Turkish Milk Dairy Corporation		31,000	Help in the production of protein-rich weaning food with lab supplies & equipment. 1977-1978

PEACE CORPS

The Peace Corps was started in the 1960's with encouragement by President Kennedy as a way for the youth of America to be of service and to gain a better perspective of cultures overseas. Funding for this government agency is appropriated by the House and Senate Appropriation Sub-Committees in Foreign Operations.

The money is used to support the volunteers, and not projects, in different locations in the developing world. Emphasis has been on nutrition education and the value of person-to-person contact in the communities. The volunteers train teachers, villagers and other trainers on the use of local foods, preservation and storage of foods, vegetable gardening, and basic health education.

As of 1978 there were 33 nutrition education programs overseas using a total of 207 volunteers. It cost approximately \$15,000 to support a Peace Corp Volunteer for a year.

More emphasis is being placed on the value of the returned volunteer as an education resource for the American public. School, church groups and civic organizations welcome their personal experiences as a means to better understand cultural differences.

Following is a report of the different countries and nutrition projects which involve Peace Corps volunteers.¹

¹Baumslag, N., Lashman, D. Liberi, D. "The State of International Nutrition An Overview, March 1979. Office of International Health, DHEW.

LATIN AMERICADETAILS

<u>COUNTRY</u>	<u>PROJECT</u>	<u>VOLUNTEERS</u> 1979 1980	
Chile	Rural health education	23 14	Volunteers work with counterpart to improve sanitation, nutrition; vegetable gardening, disease prevention.
Colombia	Home economics/nutrition	NA NA	Train women for 2 months in health education, nutrition, child care, who then teach in their own villages.
Colombia	Home economics/nutrition	NA NA	Teach classes to 5-10 women's groups with 12-20 members on M/C care, nutrition, health
Costa Rica	Nutrition education	8 NA	Nutrition education; how to preserve, store food, better uses.
Ecuador	Integrated rural	NA NA	Work with mothers' clubs, 4-H clubs, courses of food preparation, nutrition, M/C care.
El Salvador	Health, nutrition education	NA NA	Nutrition education for mothers of malnourished children.
Guatemala	School gardens, nutrition	NA 30	Nutrition training in primary school curriculum. Preparation of vegetables in school.
Honduras	Rural child nutrition	9 6	Increase women's understanding of basics of nutrition through women's clubs, to promote lunch programs for pre-school children.

EAST ASIA & PACIFIC

NEAR EAST - SOUTH ASIA

<u>COUNTRY</u>	<u>PROJECT</u>	<u>VOLUNTEERS</u>		<u>DETAILS</u>
		1979	1980	
Philippines	Nutrition, community development	50	50	Reduce level of malnutrition of pre-school age children. Organize village to deal with available resources. Food assistance health protection, nutrition education, food production, family planning.
Nepal	Nutrition, child care	NA	NA	Public health education with nutrition emphasis for rural Nepal women. Kitchen gardens, nutritional values of local foods.
Yemen	Nutrition rehabilitation, nutrition education	NA	2	Volunteer working in major hospital. Teach courses in diet for pregnant/lactating women; encouragement of breast feeding; supplementary milk/food preparation.

AFRICA

<u>COUNTRY</u>	<u>PROJECT</u>	<u>VOLUNTEERS</u> <u>1979 1980</u>		<u>DETAILS</u>
Gambia	Rural health, nutrition education	15	17	Teach basic health, nutrition education. Improve nutritional status of children/mothers through lectures & food demonstration
Ghana	Rural community development	NA	NA	Teach nutrition & child care to women learning catering & dressmaking. Develop preventive health care & nutrition program.
Ivory Coast	Health Omnibus	NA	NA	Teach food preparation using locally produced foods. Improve nutrition habits of community members.
Lesotho	Nutrition planning	10	NA	Help design & institute a general course in nutrition & health education at primary & secondary levels working with host country nutrition assistants & village women.
Mali	Nutrition	NA	6	Volunteers work with counterparts to train village health workers & mothers in proper weaning methods & child nutrition.
Niger	Nutrition education	NA	NA	Identify nutrition problems; evaluate nutritional status of individuals & communities. Work in nutrition/recuperation centers in rural villages.

AFRICARE

Africare was founded in 1971 by Africans and Americans and is the only organization to be run predominantly by black Americans for and with black Africans.

Their overseas development focus is "to improve the quality of life in rural Africa through the development of water resources, increased food production and the delivery of basic health services."

Not only is Africare interested in Africans helping themselves, but in having American have a better understanding of Africa and its needs. Africare received funding from foundations, religious institutions, social clubs, schools, corporations, small businesses, and AID. Many individuals contribute to the organization and much emphasis is placed on education through discussion groups and African art shows.

An ongoing nutrition program has been the nutrition/recuperation center in Gourcey, Upper Volta. This accommodates 50 mothers and their malnourished children under two years old per day for up to three weeks at a time. Food is grown in local vegetable gardens and alternated in rainy and dry seasons with PL 480 commodities. Education is provided by a nurse and four aides. As the mothers are able to see physical changes for the good in their children, often other members of the family benefit from the rehabilitation education. Approximately \$6,250 has been used in the last five years to maintain this program.

Countries that are assisted by Africare: Africa. Chad, Ethiopia, Gambia, Mali, Mauritania, Niger, Senegal, Upper Volta.

In 1977 the total expenditure was \$756, 308.

AMERICAN JEWISH JOINT DISTRIBUTION COMMITTEE, INC.

The American Jewish Joint Distribution Committee, Inc. was founded in 1914 and the objectives of this organization are "To provide relief, reconstruction and rehabilitation to overseas Jewish communities" in Africa: Algeria, Ethiopia, Morocco, and Tunisia. Latin America; Argentina, Chile, Guatemala, Uruguay. Near East-South Asia; India, Iran, Israel, Lebanon, Syria.

Their nutrition intervention is primarily educational, whether it be organizing and supporting seminars for social workers in Morocco for the benefit of the welfare clients and their children or instituting "Laundry Clubs" in the community centers of Israel so that mothers, waiting for their laundry, can receive a series of lectures on nutrition.

Joint Distribution Committee subsidizes school canteens in Morocco, Tunisia, Israel and is organizing a health delivery project at the Ben Gurion University of the Negev, Israel which includes training in human nutrition.

The Joint Distribution Committee receives its funds chiefly from American Jewry through the United Jewish Appeal and smaller amounts from the World Jewish Relief, Jewish Trust Corporation for Germany, Ltd. of England, United Jewish Relief Agencies of the Canadian Jewish Congress and communities in Latin America.

At the end of 1976, their government grants and contracts, overseas freight reimbursements and PL 480, Title II donated food totaled over \$3 million and their United States private contributions totaled over \$28 million.

CARE

CARE was founded in 1945 and its objectives are to help people of low income in the countries it assists to better utilize their material and human resources in order to improve their well-being at the local community level.

Their programs focus on the basic cause of poverty and underdevelopment: not enough employment and income earning opportunities, poor education and nutrition and lack of effective community organization - which frustrates the growth of problem-solving competence at the local level.

In their nutrition programs, CARE conducts supplementary and emergency relief feeding programs for children in schools, health centers and other institutions; helps establish nutrition education projects and facilities for processing and distributing locally grown foods; helps construct and equip nutrition education centers, school kitchens and food preservation plants; and conducts nutrition surveys.

CARE assists Africa, Chad, Kenya, Lesotho, Liberia, Mali, Niger, Sierra Leone, Tunisia. East Asia & Pacific, Hong Kong, Indonesia, Korea, Macao, Philippines. Latin America, Belize, Bolivia, Chile, Chile, Columbia, Costa Rica, Dominican Republic, Ecuador, Guatemala, Haiti, Honduras, Nicaragua, Panama, Peru. Near East - South Asia, Afghanistan, Bangladesh, Egypt, India, Israel, Jordan, Maldives, Nepal, Pakistan, Sri Lanka, Turkey, West Bank (administered territory).

In 1980 CARE will operate child feeding programs for children in the countries listed below. The food that is distributed is obtained by donation from the U.S. Government under the provision of Title II of PL 480.

CARE programs are operated under contracts with the Ministries of Education, Health and Social Affairs of the host government. CARE has its own staff of national and international personnel and works with counterpart personnel, providing training and guidance so that the counterparts will eventually be totally responsible for the programs.

The costs of operating the programs are either shared by the host government and CARE, with funds from public donations, or totally financed by the host government, or totally financed by CARE funds. Those countries which totally fund the CARE programs include Chile, Dominican Republic, Gaza, Guatemala, Honduras, India, Panama, Philippines and Sri Lanka.

<u>COUNTRY</u>	<u>MOTHER/CHILD HEALTH</u>		<u>PRE-SCHOOL FEEDING</u>	<u>OTHER CHILD FEEDING</u>	<u>SCHOOL FEEDING</u>
	<u>MOTHERS</u>	<u>CHILDREN</u>			
Bolivia	3,000	7,000			
Chad	2,500	7,500	1,250	1,000	
Chile			50,000		
Dominican Republic	35,000	70,000		3,000	90,000
Ecuador	38,000	89,250			
Egypt	40,000	80,000			
Gaza (Israel)		10,000		26,850	1,100
Guatemala	25,000	171,000		22,000	
Haiti	2,900	19,100	9,000	5,000	170,000
Honduras	10,000	60,000		5,000	220,000
India		5,499,000			9,000,000
Jordan		10,000	18,920	2,000	
Nicaragua					41,000
Panama	6,400	25,600	25,000	7,000	40,000
Philippines	49,980	142,500		1,750	1,500,000
Sri Lanka	100,000	275,000		10,000	1,250,000
Tunisia	4,000	16,000	97,400		256,600
	317,030	6,481,950	201,570	83,600	12,468,700

The Mother/Child Health category includes women of childbearing age and their children up to the age of six. Foods are distributed through health or feeding centers and may be eaten at the center or taken home for preparation. Some kind of instruction is provided to the mother on a regular basis.

The Pre-school Child Feeding category includes children under the age of six who are attending day nurseries, day care centers, kindergartens or similar facilities.

The Other Child Feeding category includes children between the ages of six and fourteen who receive food through hospitals, orphanages, or similar institutions.

The School Feeding category includes children of primary school age and food is usually provided to children through the third or fourth grades.

In 1978 the total of all CARE funds was over \$200 million and of this, \$269 million was spent on food distribution and over \$4 million was spent on supplementary feeding for disaster and emergency relief.

CATHOLIC RELIEF SERVICES

Catholic Relief Services was founded in 1943 and is the overseas aid and development agency of the United States Catholic Conference, representing the American bishops, clergy, religious and Catholic laity. Its objectives are to help those in other countries with emergency and disaster needs by distribution of relief supplies, food and clothing, and "to sponsor development projects to remove the causes of those needs."¹

"The main purpose of the organization is to draw upon the American sources - financial and material - and to make those readily available to local social welfare and development agencies throughout the world."¹

Some of the many programs sponsored by the Catholic Relief Services are feeding and nutrition education programs including nutrition surveys and seminars; operation of mother/child health centers and school lunch programs and rural radio schools which broadcast lessons on nutrition as well as agriculture, cooperatives and self-help projects.

In community development CRS sponsors food-for-work and self-help projects, introduces home handicraft industries, supports community development volunteers and promotes development of women leaders.

For the American public, CRS has an array of educational materials, including free films for loan and brochures on mother-child health programs and food production programs.

Catholic Relief Services divides the many countries it assists into five different regions.

Countries assisted by CRS: Africa. Angola, Benin, Burundi, Cameroon, Cape Verde, Chad, Comoro Islands, Ethiopia, Gambia, Ghana, Kenya, Lesotho, Madagascar, Mali, Mauritania, Morocco, Niger, Nigeria, Rwanda, Senegal, Seychelles, Sierra Leone, Somalia, Sudan, Tanzania, Togo, Tunisia, Uganda, Upper Volta, Zaire. East Asia & Pacific. Fiji, Hong Kong, Indonesia, Korea, Macao, Malaysia, Papua New Guinea, Philippines, Solomon Islands, Taiwan, Thailand, Western Samoa. Latin America. Argentina, Bolivia, Brazil, Chile, Colombia, Costa Rica, Dominica, Dominican Republic, Ecuador, El Salvador, Guatemala, Guyana, Haiti, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Uruguay, Venezuela. Near East-South Asia. Bangladesh, Cyprus, Egypt, Greece, India, Iraq, Jordan, Lebanon, Pakistan, Sri Lanka, Turkey, West Bank (administered territory), Yemen (San'a).

Out of a total \$240 million spent in 1977, \$60 million went for Mother and Child Nutrition/Health and \$8 million was spent on school feeding.

¹U.S. Non-profit Organizations in Development Assistance Abroad, Technical Assistance Information Clearing House Director, 1978, of the American Council of Voluntary Agencies for Foreign Service, Inc., p. 89.

REGION I *

South Europe, North Africa, Middle East

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>COST</u>	<u>DETAILS</u>
Egypt	Pre-school feeding, school lunch programs, other-child feeding	400,000	\$ 532,869	Distribution of food aid commodities, children 6-14.
Jerusalem & the West Bank	Food aid to supplement locally produced food, nutrition education		338,202	Trained staff teaches members of charitable organizations who then teach family nutrition to pregnant women and mothers of pre-school children.
Morocco	Maternal/child health centers	125,000 m. 250,000 c.	1,467,665	Large Title II, M/C feeding program.
Tunisia	Integrated pre-school feeding		2,021,437	Preventive health, sanitation nutrition; pre- & post-natal care; primary school food assistance
Yemen	Applied Health & Nutrition Programs		495,804	Teaching mothers hygiene & nutrition practices; supplemental food. Monthly weighing of babies; training health/nutrition auxiliaries.
Jordan	School feeding; M/CH food distribution; development of lesson plans; assessment of infrastructures; training of school personnel.		228,681	Education in diet and use of protein

* Region I has a regional professional nutritionist who acts as a consultant for all nutrition programs.

REGION II

Asia and the Pacific

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>COST</u>	<u>DETAILS</u>
India	Nutrition education program	720,000	\$ 497,740	Enlighten personnel of public health institutions; educate mothers to have better understanding of child care & family feeding
	School feeding, primary school-age, other-child feeding.	400 centers		Provide nutritional support which also motivates children to attend school.
Indonesia	M/CH programs	NA	NA	Improve the health & nutritional status of malnourished children under 6 and their pregnant & nursing mothers.
	Nutrition education	NA	NA	Monthly lectures to mothers; monthly weighing of children; graphs used to illustrate the importance of nutrition; all done at time of food distribution.
Philippines	M/CH programs		120,000 (1 year)	Lectures & discussions on nutrition & health care. CRS promoting the planting of community, village or family vegetable gardens. Puppetry is also used in nutrition education, aimed at improving the consumption of a nutritious snack.

REGION III

Sub-Sahara Africa**

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>COST</u>	<u>DETAIL</u>
Benin	M/CH program	50,000	\$ 13,508	Reaches 50,000 directly and indirectly
Berundi	Pre-school feeding	6,000 m. 15,000 c.	950,889	Food distribution
Ethiopia	M/CH program, nutrition education	35,000 m.	25,609	Food distribution; anticipated recipients; 90,000
Gambia	M/CH clinics, nutrition education, rural day-care centers	35,000 m.	1,500,000	PL 480 donated food
Ghana	National nutrition program		568,800	Supported by CRS but run locally
Kenya	Pre-school health & nutrition education program, school feeding, other-child feeding	83,000 m.&c.	2,000,000	PL 480 food distributed
Lesotho	Pre-school feeding, nutrition		348,000	Weight monitored monthly, lectures to inform mothers of children's health & nutrition status
Madagascar	M/CH centers, nutrition education, school lunch program		508,000	Children weighed monthly, given protein-rich food. PL 480 foods supplemented by local foods
Mauritania	M/CH centers	35,000	5,163,639	Emphasis on improving health & normal growth. Mothers receive nutrition education and ration package.

**M.D. serves as Region Medical Director; a Nutrition Evaluator and Agricultural technician.

Region III

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>COST</u>	<u>DETAIL</u>
Rwanda	M/CH centers, school lunch	32,000	\$ 587,320	PL 480 foods, nutrition education plus monthly weighing of young children and a monthly ration of protein-rich foods
Senegal	M/CH	108,050	2,500,000	PL 480 foods and Growth Surveillance System is used to chart nutritional status of recipient children
Sierre Leone	Primary schools, M/CH centers	47,000	549,750 (total M/CH teams consisting of a nurse, driver, and social worker paid by the Ministries of Health, Interior, and Social Welfare)	PL 480 foods. Services by mobile M/CH teams consisting of a nurse, driver, and social worker paid by the Ministries of Health, Interior, and Social Welfare
Sudan	M/CH program, nutrition education	35,000	325,860	PL 480 foods, growth surveillance
Tanzania	Food distribution, nutrition education		1,580,000	PL 480 food; 97 main centers
Togo	M/CH program	95,000	1,295,810	Food ration and health education for mothers
Upper Volta	Pre-school food and nutrition program, school feeding		4,350,000	Growth surveillance and nutrition education

REGION IV

Central America, Mexico & Caribbean

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>COST</u>	<u>DETAILS</u>
Costa Rica	Nutrition education, agriculture	NA	373,046	Pilot Project; show the need to improve dietary intake and increase small farm production
Dominican Republic	M/CH program, applied nutrition	NA	776,703	Held in all parts of country. Program carried out by CARITAS, CRS's largest local counterpart. Aims to lower infant mortality rate; make better use of local foods; involve communities in solution of their own problems
El Salvador	M/CH	15,000	13,300	Food distribution supported by CARITAS
Guatemala	M/CH centers, nutrition programs	320 communities	218,000	PL 480 foods. Technical assistance by CARITAS & CRS in development, implementation and evaluation of nutrition programs
Haiti	Pre-school & school feeding	430,000	343,720	Food distributed by CRS. Haitian counterpart, Secours Catholique
Honduras	Nutrition programs	NA	NA	Centers managed by community of mothers and CARITAS supervisors
Jamaica	Nutrition program	NA	NA	Raise standard of nutrition through promotion of agricultural products such as vegetables and legumes
Mexico	Food & nutrition programs	NA	NA	Sponsored by CRS and DESMI (Civil Association for the Economic & Social Development of the Mexican Indians)

REGION V

Latin America

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>COST</u>	<u>DETAILS</u>
Bolivia	School feeding	NA	\$7,000,000	Supervised by CRS/CARITAS & Ministry of Public Health. Supported by CARITAS/Bolivia & Ministry of Public Health
Chile	Pre-school feeding, primary school feeding, nutrition education for Mapuche Indians	266,000	4,337,395	PL 480 foods. Provide incentive for home production of food and and improve dietary habits
Ecuador	M/CH program, day care centers, orphanages	140,000	1,000,000	PL 480 foods

CHURCH WORLD SERVICE

Church World Service was founded in 1946 "to serve as the development, refugee, relief and rehabilitation agency of the National Council of Churches. Church World Service works with the World Council of Churches, Regional Councils of Churches and National Christian Councils or other cooperative bodies overseas."

The primary focus of the overseas development assistance programs is to "help local church councils or ecumenical and community organizations deal with poverty and basic human development."

Some of their programs include food-for-work projects, distribution of food, clothing, medicines; disease control programs, including sanitation, potable water, immunization, public health education; school lunches, child feeding, nutrition education; and family planning clinics.

The Constituency Education and Fund Raising unit of CWS, formerly known and CROP, in Elkhart, Indiana, raises funds for hunger-related programs. One of its main functions is to educate the American public about international development; what is needed and what is currently being done and how Americans can be a bigger part of the process. CROP provides books, brochures and reports on issues such as world hunger, women and development. In the past, CROP has been involved with raising grain donations from farmers across the country, but now more emphasis is being placed on raising money which can be used for a wider impact on development in different countries. For example, the Indonesian Council of Churches uses the money for agriculture and nutrition education projects on different islands.

The programs are either funded directly by Church World Service or have government surplus commodities shipped by CWS. Each year roughly \$2 million worth of government surplus grain and dried milk are sent overseas, plus \$1.5 million worth of foods purchased from CROP.

Project-specific dollar funding figures were not included in the report because CWS acts as a funding agency for its overseas colleague organizations. Many child nutrition programs are implemented by the organizations themselves and therefore specific funds for nutrition are not easily retrievable in the parent organization.

In 1978 total expenditures by CWS was over \$37 million dollars.

Countries CWS assists: Africa. Algeria, Angola, Botswana, Burundi, Cameroon, Cape Verde, Chad, Comoro Islands, Congo, Ethiopia, Gabon, Gambia, Ghana, Guinea-Bissau, Kenya, Lesotho, Liberia, Libya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Mozambique, Namibia (South-West Africa), Niger, Nigeria, Rhodesia (Zimbabwe), Rwanda, Senegal, South Africa, Sudan, Swaziland, Tanzania, Uganda, Zaire, Zambia. East Africa & Pacific. Burma, Fiji, Hong Kong, Indonesia, Korea, Laos, Papua New Guinea, Philippines, Singapore, Taiwan, Thailand, Tonga, Vietnam, Western Samoa. Latin America. Barbados, Belize, Bolivia, Brazil, Chile, Colombia, Cost Rica, Dominican Republic, Ecuador, El Salvador, Guatemala, Guyana, Haiti, Honduras, Jamaica, Nicaragua, Panama, Peru, Trinidad and Tobago, Uruguay, Venezuela. Near East-South Asia. Bangladesh, Cyprus, Egypt, Greece, India, Israel, Jordan, Lebanon, Pakistan, Sri Lanka, Syria, Turkey, West Bank (administrated territory).

Specific Nutrition Programs and Countries

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>DETAILS</u>
Brazil	child feeding	33,000	uses CROP grain
Chile	child feeding	16,000 6,000 3,000	Vicaria de Solidaridad Diaconia small organizations
Dominican Republic	M/CH programs	6,000 children & mothers fed	uses PL 480 grain
Haiti	M/CH programs nutrition centers school feeding	2,300 mothers educated 57,000 children fed	PL 480 grain, fortified blends and dry milk
India	M/CH programs	24,000 children fed	uses PL 480 grain
Indonesia	nutrition training feeding & weighing	240 nutritionists 2,400 children fed, 4,000 weighed	
Indonesia	nutrition education supplemental feeding	9,000	mothers prepare food in centers, use PL 480 & CROP grain, rice dry milk
Madagascar	child feeding	5,000-7,000	CROP grain, sorghum, corn
Pakistan	child feeding nutrition education	2,000 people exposed to program	
Peru	child feeding	5,000	PL 480 & CROP grain

FOOD FOR THE HUNGRY INTERNATIONAL

Food for the Hungry International is a private voluntary organization founded in 1971 with its headquarters located in Scottsdale, Arizona. Its objectives are to provide food and material aid for disaster relief; to help people help themselves through use of small-scale animal and agricultural projects, fisheries, hydroponic gardening, nutritional training and use of solar related energy flow. It is also involved with informing the public in developed countries of the many needs through films, publications, and radio and television.

Food for the Hungry International assists the following countries: Africa. Kenya. East Asia & Pacific. Thailand. Latin America. Bolivia, Guatemala, Haiti, Panama. Near East-South Asia. Bangladesh, India, Nepal.

Approximately \$808,194 was spent on development in 1978. Total relief and development expenditures was \$2,829,441.

One of the main endeavors of Food for the Hungry International is called the Everychild/Family Assistance Program. This is aimed at developing the self-reliance of families and their communities, using rural or urban settings which are geared to the needs of 50 to 100 families at the poverty level.

There is a center in each project which provides supplemental feeding; nutritional training; small scale animal raising (i.e., goat, poultry, rabbits, etc.), model gardening; medical clinics; fisheries; water development and the use of solar power.

These projects are being developed in Bangladesh, Guatemala, Honduras, El Salvador, Kenya and Bolivia.

Food for the Hungry not only provides supplemental feeding every day for 16,000 children in refugee camps in Thailand but has instigated chicken and pig raising in the Ubon Refugee camps. This provides a source of protein in the local village markets and employment and a small income for participants.

LUTHERAN WORLD RELIEF

Lutheran World Relief, Inc. was founded in 1945 and is located in New York City. It represents the American Lutheran Church, Association of Evangelical Lutheran Churches, Lutheran Church in America and the Lutheran Church-Missouri Synod, and other Lutherans in the U.S. IWR's overall purpose is to help people outside the U.S. in disaster and emergency situations and social welfare and development programs. They provide financial, material and personnel support, often through counterpart church-related agencies, to the poorer parts of Asia, Africa and Latin America.

As is true of most voluntary agencies, focus is on projects that will benefit the whole community; i.e., agriculture, sanitation and potable water, nutrition education, family planning, and health centers. One program that is specifically oriented to child nutrition is the Calcutta Mobile Milk Canteen in India. Supplementary feeding rations are provided for 35,000 children in 15 slums. Some health care is given by a mobile health clinic, and nutrition education is conducted by samaj sevikas (social workers) to groups of mothers and children. Total expenditure for this project for 1979 is \$18,387.

In 1980 IWR will send food to India through the P.L. 480 program. Oil and soy-fortified bulgar will be given to 16,000 recipients in child-feeding projects of Church's Auxiliary for Social Action (CASA).

Countries assisted by IWR: Africa. Angola, Botswana, Central Africa Empire, Ethiopia, Ghana, Kenya, Liberia, Madagascar, Mauritania, Mozambique, Niger, Nigeria, Sudan, Tanzania, Togo, Zambia. East Asia & Pacific. Hong Kong, Papua New Guinea, Philippines, Taiwan, Vietnam. Latin America. Bolivia, Brazil, Chile, Colombia, Costa Rica, Ecuador, El Salvador, Guatemala, Haiti, Nicaragua, Uruguay. Near East. India, Iran, Jordan, Lebanon, West Bank (A

In 1977 expenditures for development assistance were over \$5 million and for disaster relief were over \$3 million.

Lutheran World Relief publishes an annual report and filmstrips on development activities in India, Bangladesh, Ethiopia, and Latin America.

MEALS FOR MILLIONS/FREEDOM FROM HUNGER

There are many Private Voluntary Organizations involved with nutrition in developing countries. The following PVO will be used as a specific example with full coverage of its nutrition programs.

Meals for Millions/Freedom From Hunger

MFM/FFH is a private voluntary organization based in Santa Monica, California, dedicated to helping communities, organizations and institutions in developing countries and in the United States to develop self-help projects which will improve food and nutrition.

Mission: The current program objectives are to strengthen the capabilities of communities to solve their own food and nutrition problems, to do so in the framework of their existing economy and culture and to give special emphasis to the nutritional needs of infants, children, pregnant and lactating women and the elderly. MFM believes that development programs need to have lasting results, be self-sustaining and cost effective, and help provide people with adequate nutrition. To reach these goals, the people of the communities must be involved in the ongoing process of identifying the problems and methods to alleviate them.

Program Overview: MFM/FFH has two primary programs: Food and Nutrition Institute and Applied Nutrition Programs. The FNI is a training center for community level workers, food technicians and nutritionists from less developed nations concerned with home and village food processing and preservation, weaning foods for small children, formulation of multi-mixes, solar drying, simple food storage, implementing the Village Texturizer and assessing nutritional status.

The Applied Nutrition Program has three key elements. They are: a) technical support -- program design and evaluation, nutrition planning, intermediate level food processing and preservation; b) material assistance -- equipment, food, small grants in support of projects; and c) nutrition education -- participatory learning techniques.

Five different countries have MFM programs in progress at this time. Three of these countries, Honduras, Korea and Philippines all are using Applied Nutrition Programs.

Honduras. MFM/FFH is collaborating with the Ministry of Health in Olancho -- in East Central Honduras -- to improve rural health services by training nurses, midwives and health aides to teach the villagers ways of improving sanitation and drinking water by building latrines and wells, and increasing the well-being of the children by planting home gardens. The population, 4,123 people, including 935 children from 0-5, are being reached by the MFM/FFH Applied Nutrition Program, plus collaborative help from CARE and the Lutheran Church.

To reinforce the efforts of local institutions in meeting nutrition education and feeding needs, a seminar was held which led to the establishment of five school gardens; assessments made by MFM gained a larger number of children participating in a feeding program sponsored by CARE and the ministry of Health; a dialogue held with CARE and the Ministry of Education led to the establishment of a feeding program for 1,000 children six months ahead of schedule.

Korea. Production of a highly nutritious food and a nutrition education campaign are being undertaken in the Wonseong County to improve the nutritional status of children and pregnant and lactating women. This is being done collaboratively with the Wonseong County government and five Korean agencies. 1,000 of the poorest families with pre-school children are being targeted for the food which is manufactured and packaged in a newly constructed building in the county. At the same time 67,000 people will be introduced to the subject of nutrition. Educational materials developed during the year include a manual teaching nutrition to adults, a nutrition slide show for use in the villages, and a booklet on how to conduct dietary surveys. These materials are distributed to government and private agencies. The local radio station broadcasts short nutrition messages daily.

Philippines. The Philippines Rural Life Center is being given some financial assistance to run a nutrition education, family planning and backyard food production project. The objectives are accomplished by home visits, meetings and demonstrations, supervision of the food production projects and training of community instructors.

Food and Nutrition Institute. Many programs evolve from the FNI and are used by field workers from developing countries. In 1979, the International Year of the Child, two five-week sessions of a training course called "Foods for Small Children" were held in Santa Monica. Participants came from the Island of Dominica in the Caribbean, Korea, Sierra Leone, Sudan and the Papago Indian Reservation in Arizona. Problems from each country were worked on individually and resulted in the following accomplishments: "construction of a solar dryer for use in teaching drying of local foods; construction of a solar cooker that was capable of baking fish in 45 minutes; development of an instant soya-rice weaning food that can be produced at community kitchen level; formulation of an outline for a series of nutrition education training workshops for co-workers and villagers; development of a weaning food mixture of sorghum, fava beans, groundnuts and sweet potato; salting, sulfuring and canning were all methods learned for preserving local foods." Follow-up is part of the program. Periodic reports are sent back to MFM by the students and they, in turn, are kept in touch with each other through a newsletter.

Nutrition Education Training Program. In June 1977, in collaboration with Save the Children Federation and World Education, MFM held a workshop for nutritionists working in developing countries. MFM turned the presentations into a practical book, Teaching Nutrition in Developing Countries and The Joys of Eating Dark Green Leaves. The participants expressed a need for

educational material to use with illiterate people and ways to evaluate programs. A program was developed by Meals for Millions/Freedom from Hunger, Save the Children and World Education which involved the villagers themselves in identifying and solving their own nutritional problems. As part of the two-year program, participants from Mexico, Honduras and Columbia chose the village Choluteca as a prototype in which to learn methods of disseminating nutrition information and involving the community. Participants used publicity campaigns, slides newsletters, video-tapes and prepared song, stories, riddles, games and plays. Continuous monitoring and follow-up of the participants in their own villages were part of the program.

To best reach the people in communities, time needs to be taken to assess the problems and find what works best in a particular situation. Collaboration with other private voluntary organizations as well as local leaders and trainers seems to bring about positive, ongoing projects as ways to conquer poverty and malnutrition.

Meals for Millions/Freedom from Hunger has established programs in Honduras, Ecuador, Korea, Yucatan and the Caribbean and is developing projects in Africa.

Funding in 1978 came from contributions by AID (26.7%), foundations (24.0%), churches (9.4%), general public (33.1%), bequests (3.9%) and interest and other (2.9%). The expenditures for 1978 were over \$1 million.

SAVE THE CHILDREN FEDERATION, INC.

Save the Children Federation, Inc. was founded in 1932 and is located in Westport, Connecticut and at the United Nations Plaza in New York City.

Its objectives are "to improve the quality of life and defend the rights of children -- particularly children in underprivileged communities -- without regard to race, religion or place of origin."

Save the Children believes that children are best helped when the family and community needs are filled. It does not work in communities where governmental or other international organizations are already fulfilling needs. The field office selects an area with a reasonable chance of success; usually a district which encompasses several villages and includes between 5,000 to 25,000 people. After the area is located, a parents' or citizens' committee is formed to identify needs and priorities, choose projects and enlist community support. Save the Children feels that without this community participation in the decision-making process, development projects will not succeed.

Following is a detailed report of the health and nutrition activities in half of the field offices with the amount of money spent on the project. Save the Children Federation, Inc. rarely completely funds a community project but combines funds with government and community input.

Save the Children has a sponsorship program where donors contribute to the agency in the name of a particular child, group of children, or as project partners who contribute on a regular basis. In 1978, some 25,000 sponsors helped more than 28,000 children, their families and their communities.

Two major relief programs are being carried out by the Save the Children alliance -- an international consortium of Austrian, Canadian, Danish, Norwegian and British child assistance agencies. The Cambodian refugees are being sent tons of rice, milk, sugar, oil and high-protein fish meal and the Vietnamese Boat People are being provided with food, medicines and English language training.

Save the Children is currently spending over \$3 million in health and nutrition activities. Their revenue comes from private citizens, school and church groups, public and private employee groups, corporations, service organizations, foundations, and government agencies. Total revenue for 1979 was over \$12 million.

Countries which are assisted by Save the Children: Africa, Cameroon, Tunisia, Upper Volta. East Africa & Pacific, Indonesia, Korea. Latin America, Columbia, Dominican, Dominican Republic, Guatemala, Honduras, Mexico. Near East-South Asia, Bangladesh, Greece, India, Israel, Lebanon, Yemen (San'a).

Save the Children publishes an annual report, an annual newsletter, has produced two films. It also provides filmstrips for public information.

SAVE THE CHILDREN FEDERATION

<u>COUNTRY</u>	<u>PROJECT</u>	<u>BENEFICIARIES</u>	<u>COST</u>	<u>DETAILS</u>
Bangladesh	Health, nutrition, family planning	23,029	\$8,597.74	Training village health workers in health and nutrition. Family planners teach parents advantages of child spacing
Cameroon	Health, nutrition, training (staff)	11,000	709.00	
Colombia	Day care center	120	5,200.00	Nutritious meals, quality child care
Colombia	Nutrition	4,500	NA	
Indonesia	Health, nutrition, primary health care	24,500	8,197.00	Training village health workers in health and nutrition. Preventive and curative measures learned.
Indonesia	Maternal/child health unit	1,500	6,745.00	M/CH unit provides center or clinic, health and nutrition. Preventive as well as curative treatment included.
Indonesia	Nutrition & health	825	1,838.00	Health and nutrition through "learn by doing" technique-children teach other children not in school
Indonesia	Supplementary food for children	150	1,544.00	
Indonesia	Weaning programs	7,500	3,004.00	Baby food cooking projects show mothers how to prepare and introduce nutritious weaning food.
Israel	Day care center	90	4,400.00	Nutritious meals, quality child care
Korea	Day care center	7,579	62,579	Nutritious meals, quality child care
Korea	Nutrition program	6,500	6,736	
Yemen	Nutrition program	270	22,123	

SUMMARY

The following tables indicate where different private voluntary organizations, UNICEF and the Peace Corps currently have nutrition programs for children. Costs for these programs were only available from several organizations.

In order for agencies and private citizens to better understand where the foreign assistance for nutrition is going and what kind of effect it is having, there is a need for a uniformity of reporting and a central data bank.

AID should play a greater role in educating the public who will then be in a better position to address their congressmen on the subject.

At the same time credit must be given to those people who have already accomplished so much in the attempts to alleviate hunger and help people in other communities help themselves.

ORGANIZATIONS

REGION & COUNTRY	Africare	AJUDC	CARE	CRS	CWS	FFHI	LWR	MFV/FFH	Peace Corps	Save the Children	UNICEF
Africa											
Cameroon											
Chad			***							\$709,000	
Benin				\$ 13,508							
Burundi				950,889							
Ethiopia				25,609					***		
Gambia				1,500,000					***		
Ghana				568,800					***		
Ivory Coast											
Kenya				2,000,000		***			***		
Lesotho				348,000							
Madagascar				508,000	***				***		
Mali											
Mauritania				5,163,639							
Morocco	***			1,467,665					***		326,000 (1,457,000)
Niger											
Rwanda				587,520							
Senegal				2,500,000							
Seychelles				549,751							
Sierra Leone				325,860							
Sudan				1,560,000							
Tanzania		***	***	2,021,437							
Togo				1,295,810							
Upper Volta	***			4,350,000							
East Asia & Pacific				***	***					21,318	
Indonesia								***		69,315	
Korea			***	120,000				***	***		922,400
Philippines				(1 year)							
Thailand											95,000
*** Project in country				(money spent on 3-yr project)						(money spent FY 1980)	

<u>REGION & COUNTRY</u>	<u>Africare</u>	<u>AJJDC</u>	<u>CARE</u>	<u>CRS</u>	<u>CWS</u>	<u>FFHI</u>	<u>LWR</u>	<u>MFV/FFH</u>	<u>Peace Corps</u>	<u>Save the Children</u>	<u>UNICEF</u>
Latin America											
Bolivia			\$ 7,000,000	***	***						
Brazil											
Chile			*** 4,337,395		***				***		
Colombia									***		
Costa Rica			373,046						***	5,200	
Dominican Republic			*** 776,703								
Ecuador			*** 1,000,000						***		
El Salvador			13,300		***				***		
Guatemala			*** 218,002		***				***		
Haiti			*** 343,720		***						
Honduras			***			***		***	***		
Jamaica			***								
Mexico			***								\$404,000
Nicaragua											
Panama			*** 12,900								
Peru			***		***						
Near East-											
South Asia											
Bangladesh						***				8,597	
Egypt			*** 532,869								
India			*** 497,740		***		\$18,387				
Israel		***	***							4,480	
Jordan			***								
Nepal			228,681						***		8,007 ('75-'80) 484,189 ('75-'80)
Pakistan											
Sri Lanka			***		***						258,800 ('73-'80) 68,000 ('74-'78) 31,000 ('77-'78)
Syria											
Turkey											
West Bank (Administered Territory)			338,202								
Yemen			495,804						***		
***Project in country											(Money spent FY 80)
											(Money spent on 3-yr projects)

NUTRITION EDUCATION

The most vulnerable groups that suffer from malnutrition are children from 0-5 years of age and pregnant and lactating women.

Low birth weight affects some 20 million infants yearly¹ in developing countries and this can be attributed to chronically undernourished mothers, women who have usually been given less to eat all their lives, who are anemic and in need of iron and Vitamin A.

Lack of education about the importance of eating adequately during pregnancy, adoption of bottled feeding and early weaning, and use of improper foods for weaning are some of the causes of malnutrition.

For this reason Maternal/Child Centers are an integral part of aid and development programs. Here mothers are instructed in the many benefits of breastfeeding; the best possible nourishment, protection against infectious diseases, diarrhoeal and respiratory; and the need for weaning foods after the child is 4-6 months old. Women learn to use foods grown locally as well as use donated protein enriched food supplements, mixtures such as corn-soy-milk, sorghum, durham wheat, soy fortified bulgher, corn, non-fat dried milk, wheat-soy blend and rice. The use of processed weaning foods must be based on "an intimate knowledge of local customary practices."² More emphasis is being placed on the preparation and use of home-made weaning foods. In 1973 Miriam Krants, Mennonite Board of Mission nutritionist in Napal, worked on a project which showed that local foods could be combined to make an infant food complete in protein, minerals and vitamins. She looked for a combination that would fit the culture and cooking methods of the area. A combination of 50% soybeans, 25% corn and 25% wheat was compatible to the area. The grains and beans were dried and ground according to local custom and cooked into a porridge which was combined or served with vegetables. This provided essential amino acids needed for complete protein, and could be prepared in the home.³

Use of growth charts and scales allows mothers to watch their children's progress on a monthly basis. If the child becomes too malnourished, the mother and child may be sent to a nutrition rehabilitation center where the mother learns how to prepare nutritious foods and sees her child fed under supervision. The stay may last from one to three weeks.

Nutrition education comes in many forms. It is not enough to use messages or drama on the radio. Comic books, films, calendars, filmstrips and flipcharts reach many of the illiterate. Much of the nutrition education comes from respected women of the villages, trained by outside health workers. Also, the different private voluntary agencies provide manuals and pamphlets for use in the villages.

¹Jeliffe, D. and E.F.P. "A Good Nutritional Start" International Year of the Child Secretariat, 1979, p. 11.

²Ibid. p. 53.

³Longacre, D.J. "Nutrition and Development" Mennonite Central Committee, Development Monograph, Series 4, p. 19.

Dissemination of Educational Material

Many organizations are involved with dissemination of information on hunger and nutrition and communications for the developing countries as well as the United States. Three places of note are:

Clearinghouse on Development Communications
1414 22nd Street, N.W.
Washington, D.C. 20037

Publishes "Development Communication Report" which documents projects in developing countries using effective means of communication at the community level.

League for International Food Education, L.I.F.E.
1126 16th Street, N.W.
Washington, D.C. 20036

Provides technical information on food and nutrition in developing countries. Health and Nutrition Education References, 1979, is a review of books, newsletters and audio-visual material available for educators, especially in developing countries.

World Hunger Education Service, Inc.
2000 P Street, N.W., Suite 205
Washington, D.C. 20036

Organization devoted to hunger issues worldwide. Provides educational material and "networking" for individuals and organizations. Who's Involved With Hunger: An Organization Guide, 1979. Government organizations, national and international; private agencies, global focus; appropriate technology organizations, private agencies, national focus; private agencies, U.S. regional.

Bibliography

Austin, J. Annotated directory of nutrition programs in developing countries. Harvard Institute for International Development, 1978.

Haumslag, N., Lasham, K. and Liberi, D. The State of International Nutrition: An Overview. U.S. Department of Health, Education and Welfare. 1979.

Baumslag, N., Roesel, C. and Sabin, E. AID integrated low cost health projects. Volume II. U.S. Agency for International Development, 1978.

Baumslag, N., Roesel, C. and Sabin, E. Nutrition problems in Africa. Office of International Health and U.S. Agency for International Development.

Berg, A. The nutrition factor. The Brookings Institute, 1973.

Eckholm, E. and Record, F. The Two Faces of Malnutrition. Worldwatch Paper #9, December, 1976.

Fowler, K. M. Hunger: The World Food Crisis. An NSTA Environmental Materials Guide, 1977.

Ghassime, H. Comprehensive bibliography on nutrition programs for children in developing countries. Available through the Office of Nutrition, UNICEF, 866 UN Plaza, New York, New York.

Health Sciences and Education in Relation to Nutrition. Priorities in Child Nutrition. Volume III. Harvard University, School of Public Health.

Jelliffe, D. B. and Jelliffe, E. F. P., Editors. A Good Nutritional Start. International Year of the Child Secretariat, 1979.

Lappe, F. M. and Collins, J. Food First, Beyond the Myth of Scarcity. Revised 1978 by Institute for Food and Developmental Policy, Ballantine Books, 1979.

Lasham, K. and Liberi, D. Human Nutrition in International Organizations. Office of International Health, Office of Health, Education and Welfare, 1979.

McHale, M. C. and McHale, J. Children in the World. Population Reference Bureau, Inc., 1979.

Newland, K. The Sisterhood of Man. Worldwatch Institute. W. W. Norton and Co., 1979.

Roesel, C. and Sabin, E. Report for M. Forman, Director of Nutrition, AID, for the United Nations Administrative Committee on Coordination, Subcommittee on Nutrition, 1980.

Sommer, J. Beyond Charity, U.S. Voluntary Aid for a Changing Third World. Overseas Development Council, 1977.

Taylor, C. The Narangwal Experiment on Interactions of Nutrition and Infections. Department of International Health, Johns Hopkins University, 1978.

Technical Assistance Information Clearing House of the American Council of Voluntary Agencies for Foreign Services. U.S. Non-profit Organizations in Development Assistance Abroad, Directory, 1978.

UNICEF Red Field Manual, Volume I, Book D, Nutrition.

United Nations Economic and Social Council, United Nations Children's Fund, Report of the Executive Board, 21 May-1 June 1979.

United Nations Economic and Social Council, United Nations Children's Fund, Directory of National Action for the International Year of the Child (DONA), 1979.

Ward, B. and Dubos. Who Speaks for Earth? W.W. Norton & Co., 1973.

Ward, B. Progress for a Small Planet. International Institute for Environment and Development. W.W. Norton & Co., 1978.

Waters, H. Private Enterprise and World Hunger. Report to Subcommittee of Presidential Commission on World Hunger, 1979.

Watkin, D. R., Wilcox, J. and Wray, J. Can Interventions Make a Difference? Report to the World Bank, Overseas Development Council, 1979.

World Health, the magazine of the World Health Organizations. August-September, 1979.

Longacre, D. J. Nutrition and Development. Mennonite Central Committee.

Comptroller General. "Changes Needed in the Administration of the Overseas Food Donation Program." Report to the Congress, 1979.

CARNEGIE LIBRARY

AUG 14 1980

DEPOSITORY